

The Nick Beer 10k at Llandudno on Sunday 8th February 2009

Nick Beer — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time					
1	Nick Swinburn		Morpeth	30:34	84	Ashley Cooke	V50 6	Hereford Couriers	41:53
2	Andy Norman		Altrincham And District	31:56	85	Neil Godding		Unattached	41:55
3	Damian Nicholls		Wilmslow RC	33:26	86	Don Kenyon	V40 12	Unattached	42:01
4	Matthew Roberr		Eryri Harriers	33:34	87	Neil McAleece	V35 20	Wilmslow RC	42:10
5	Alan Ashton	V35 1	Liverpool Harriers	33:57	88	Neil Hindle	V50 7	Unattached	42:13
6	Brendan Rothery		Eryri Harriers	34:04	89	David Thornley		Unattached	42:18
7	Paul Wathan		Eryri Harriers	34:54	90	Martin Green		Nwrrc	42:23
8	Richard Watson		Colwyn Bay Athletic Club	35:34	91	John Donaldson	V50 8	Unattached	42:26
9	Tom Watson		Colwyn Bay Athletic Club	36:12	92	Wesley Oakley		Unattached	42:28
10	John Ford	V35 2	Mysteruns Of Abergele	36:16	93	Kieran Carthy		Unattached	42:30
11	Jonny Kendall		Knavesmire Harriers	36:30	94	John Griffith	V55 4	Cybi Striders	42:31
12	Neal Jones		Colwyn Bay Athletic Club	36:49	95	John Green	V55 5	Wolds Veteran RC	42:33
13	Iwan Morton		Eryri Harriers	37:11	96	Sam Myers		Unattached	42:34
14	Richard Hunter		Shropshire Shufflers	37:16	97	Rob Holmes	V40 13	Unattached	42:35
15	Trystan Gwilym		Clwb Rygbi Caernarfon	37:17	98	James Hooton	V35 21	Cybi Striders	42:43
16	Craig Mann	V40 1	Greater Manchester Police	37:42	99	Robert Mandley	V35 22	Unattached	42:46
17	Craig Jones	V35 3	Eryri Harriers	37:52	100	Matthew Whitfield	V50 9	Ellesmere Port RC	42:47
18	Andy Oldham		Stockport Harriers	37:59	101	Geraint Williams	V45 8	Cybi Striders	42:49
19	Stephen Bellis	V50 1	Buckley RC	38:04	102	Steffan Jones	V40 14	Eryri Harriers	42:53
20	David Nolan	V35 4	Nwrrc	38:10	103	Alison Cooke	L45 1	Hereford Couriers	42:55
21	Benjamin Owen		Colwyn Bay Athletic Club	38:15	104	Richard Scamans	V35 23	Unattached	43:05
22	Henri Williams	JM 1	Unattached	38:16	105	Keith Large	V35 24	Unattached	43:07
23	Dave Barr	V35 5	Liverpool Harriers	38:18	106	Nicola Thompson	L 7	Unattached	43:10
24	Simon Edwards	V35 6	Buckley RC	38:20	107	Anwyn Williams	V35 25	Eryri Harriers	43:13
25	Rhys Owen		Unattached	38:24	108	Paul O'Sullivan	V40 15	Unattached	43:15
26	Peter Butler		Oswestry Olympians	38:29	109	Martin Kelly	V35 26	Village Road Runners	43:16
27	Simon Roxburgh		Unattached	38:31	110	David Williams	V35 27	Unattached	43:17
28	Dafydd Williams	V40 2	Eryri Harriers	38:40	111	Gavin Roche		Unattached	43:19
29	Lee Evans		Eryri Harriers	38:44	112	Mark Anstey	V35 28	Unattached	43:21
30	Scott Butterworth	V35 7	Eryri Harriers	38:47	113	Haydn Jones	V40 16	Abergele Harriers	43:21
31	Gareth Rawling	V35 8	Unattached	38:50	114	Lee Grant		Stadium Runners	43:22
32	Iwan Edgar	V50 2	Eryri Harriers	38:53	115	Richard Borne	V40 17	Eryri Harriers	43:23
33	James Bellis		Unattached	38:54	116	David Flood	V40 18	Unattached	43:24
34	Stephen Harrison	V35 9	Fetch Everyone RC	38:57	117	David McGrath	V50 10	South Cheshire Harriers	43:25
35	Billy Hunter	V45 1	Colwyn Bay Athletic Club	38:59	118	Nicholas Fraser		Chester Triathlon Club	43:26
36	Paul Barrett		Sale Harriers Manchester	39:02	119	Sally Gilliver	L45 2	Wilmslow RC	43:27
37	Gwyn Roberts	V35 10	Unattached	39:03	120	David Pinnington	V45 9	Penny Lane Striders	43:32
38	Arwel Lewis	V50 3	Eryri Harriers	39:04	121	Joanne McDonough	L 9	Prestatyn Running Club	43:33
39	Dylan Owen	V40 3	Eryri Harriers	39:05	122	Steven Grayson	V35 29	Unattached	43:34
40	Chris Yorke	V40 4	Nwrrc	39:07	123	Andrew Roberts	V40 19	Unattached	43:35
41	Simon Barker		Unattached	39:09	124	Geraint Jones	V40 20	Eryri Harriers	43:36
42	Nicola Bird	L 1	Ellesmere Port RC	39:13	125	Peter Kirby	JM 3	Unattached	43:38
43	Owen Jones		Unattached	39:16	126	Peter Hughes	V40 21	Unattached	43:42
44	Peter Jones	V50 4	Unattached	39:18	127	Helen Macarthur	L40 1	Colwyn Bay Athletic Club	43:42
45	David Davies		Unattached	39:38	128	Tim Watson	V40 22	Unattached	43:45
46	Iain Daviesmoore	V35 11	Wrexham Tri	39:42	129	Stephen Cresswell	V40 23	Unattached	43:48
47	Paul Aird	V50 5	Last Inn Runners	39:44	130	Ian Rothery	V50 11	Cybi Striders	43:50
48	Andrew Bromley	JM 2	D.a.c	39:45	131	Huw Roberts	V35 30	Unattached	43:58
49	Steve Broadfoot	V45 2	Northern Vets AC	39:45	132	Paul Kelly	V35 31	Unattached	44:02
50	Noel Crane	V40 5	Eryri Harriers	39:47	133	Matthew Daniels		67941	44:05
51	Tony Hulme	V60 1	Wilmslow RC	39:50	134	John Kelly	V45 10	Penny Lane Striders	44:09
52	Carmen Anthony	L 2	Belle Vue Racers	39:51	135	Jennifer Pybis	L 11	Liverpool Harriers	44:11
53	Joe Johnson	V35 12	Unattached	39:53	136	Darren Roche	V40 24	Unattached	44:16
54	Richard Lee	V45 3	Unattached	40:06	137	Philip Brooks	V55 6	Colwyn Bay Athletic Club	44:17
55	Kevin Edwards		Unattached	40:09	138	Keith Robins	V50 12	Unattached	44:18
56	Karl Bayers	V40 6	Wirral AC	40:13	139	Patrick Leebrowne	V40 25	Unattached	44:22
57	Paul Jones	V35 13	Eryri Harriers	40:16	140	Mike Mawdesley		Unattached	44:23
58	Christopher Gertler		Eryri Harriers	40:19	141	Peter Carpenter	V45 11	Unattached	44:25
59	Huw Trainor		Eryri Harriers	40:22	142	Andy Maire	V40 26	Unattached	44:26
60	Adrian Williams	V35 14	Eryri Harriers	40:25	143	Steven Farrar	V45 12	Unattached	44:27
61	David Bewley	V55 1	Unattached	40:27	144	Aislinn Austin	L 12	Knavesmire Harriers	44:28
62	Kevin Jones	V45 4	Meirionnydd	40:29	145	Tim Corran	V35 32	Unattached	44:29
63	Paul Marlow	V40 7	Liverpool Running Club	40:31	146	Stephen Seward	V35 33	Unattached	44:35
64	Emma Jones	L 3	Belle Vue Racers	40:36	147	Gemma Morgans	LJ 1	Eryri Harriers	44:39
65	Adrian Brown	V35 15	Unattached	40:38	148	Frankir Vaughan	V50 13	Meirionnydd	44:43
66	Rebecca-Jane Law	L 4	Eryri Harriers	40:49	149	Daniel Evans	JM 4	Unattached	44:49
67	Susannah Evans	L 5	Eryri Harriers	40:52	150	Chris White		Bangor Springboks	44:50
68	Robert Chadwick		Unattached	40:57	151	Andrew Taylor		Unattached	44:51
69	John Neil Owen	V55 2	Prestatyn Running Club	40:58	152	Jon Hawker	V45 13	Ellesmere Port RC	44:53
70	David Nalder	V55 3	Ellesmere Port RC	41:01	153	Christopher Reid	V45 14	St Helens Striders	44:55
71	Neil Elias	V40 8	Eryri Harriers	41:13	154	Simon Rothwell		Unattached	44:59
72	David Rogers	V35 16	Unattached	41:15	155	Stephen Lortus	V45 15	Northern Vets AC	45:01
73	Graham Davies	V40 9	Colwyn Bay Athletic Club	41:18	156	Jayne Penrhynjones	L45 3	Prestatyn Running Club	45:05
74	Brian Jobe	V40 10	Long Eaton RC	41:22	157	Matthew Powell		Unattached	45:10
75	Ashley Wager	V45 5	Eryri Harriers	41:26	158	David Wilson	V55 7	Blythe Bridge RC	45:16
76	Des Davies	V45 6	Prestatyn Running Club	41:29	159	Glyn Williams	V40 27	Swinton Running Club	45:18
77	Simon Grant		Abergele Harriers	41:31	160	Colin Rathbone	V65 1	Vale Royal AC	45:22
78	Timothy Rainey	V40 11	Sale Harriers Manchester	41:31	161	Gareth Boyd	V35 34	Helsby RC	45:26
79	Vinny Jones	V45 7	Unattached	41:31	162	Richard Birch	V45 16	Affiliated - No Club	45:28
80	Glenn Costin	V35 17	East Cheshire Harriers	41:31	163	Robert Warrenger	V50 14	Unattached	45:30
81	Alexander Miller		Unattached	41:45	164	Ant Higuereulocolomo		Unattached	45:31
82	Carl Byrne	V35 18	Unattached	41:48	165	Yannik Zelkov	JM 5	Unattached	45:33
83	Paul Stinton	V35 19	Buckley RC	41:52	166	Robert Armstrong		Eryri Harriers	45:35

167	Charlotte Wilson	L	15	Liverpool Harriers	45:37	258	Andrew Brannaghan	V35 46	Unattached	48:52
168	Rebecca Riddings	L	16	Menai T&f	45:40	259	Matthew Shenton		Unattached	48:53
169	Samuel Lilley			Unattached	45:42	260	Philip Hammond	V55 10	Shropshire Shufflers	48:54
170	Mark Davies			Unattached	45:43	261	Patrick Henley	V60 8	Liverpool Harriers	48:58
171	Paula Tunnadine	L40	2	Wrexham Tri	45:44	262	Michael Caulfield	V40 37	Unattached	49:04
172	Bary Parsons	V50	15	Wrexham Tri	45:45	263	Laura Faye	L 35	Unattached	49:05
173	Mark Pendlebury	V45	17	Holmes Chapel	45:46	264	Ciara Murphy	L 36	Unattached	49:06
174	Kevin Higgins	V45	18	Nwrrc	45:49	265	David Lee	V40 38	Unattached	49:07
175	Paul Tye	V45	19	Unattached	45:53	266	Brian Johnson	V40 39	Unattached	49:08
176	Tom Carpen			Unattached	45:56	267	Jennifer West	L 37	Village Road Runners	49:12
177	Keith Mahon	V45	20	Village Road Runners	45:57	268	Katherine Liver	LJ 2	Unattached	49:15
178	Mark Mayers	V35	35	Abergele Harriers	45:58	269	Christopher Jones		Unattached	49:16
179	Jude Butler	L35	1	Unattached	45:58	270	Paul Conroy	V45 34	Unattached	49:17
180	David Edwards	V50	16	Abergele Harriers	46:02	271	Phil Tracey	V40 40	Cybi Striders	49:19
181	Lewis Cox	JM	6	Nwrrc	46:03	272	Roger Wilson	V45 35	Unattached	49:20
182	Jayne Mountford			Unattached	46:04	273	Neil Brampton	V45 36	Unattached	49:22
183	Graham McVey	V35	36	Unattached	46:06	274	?Olivia Blundell	LJ 3	Unattached	49:23
184	Jason Williams	V35	37	Unattached	46:06	275	David Buckley	V35 47	Unattached	49:26
185	David Furey			Belle Vue Racers	46:06	276	Stephen Pritchard	V40 41	Unattached	49:27
186	Leo Murray			Shrewsbury	46:12	277	Alison Smith	L45 7	Pewsbury Runners	49:30
187	Christina McKay	L	19	Unattached	46:14	278	Mark Rogers		Unattached	49:30
188	Richard Smith			Unattached	46:15	279	Chris Jones	V40 42	Unattached	49:31
189	Michael Shawe			Unattached	46:20	280	Steven Peter	V40 43	Unattached	49:33
190	Owain Jones			Unattached	46:21	281	Ian Sneddon	V65 3	Birkenhead AC	49:35
191	Alan Jones	V40	28	Dee Striders	46:24	282	John Quigley	V40 44	Belle Vue Racers	49:36
192	Jack Thomas	V65	2	Buckley RC	46:27	283	Rosemary Rogers	L55 1	Dee Striders	49:37
193	Paul Oldfield	V50	17	Clwydian Range Runners	46:30	284	Roy Marsden	V50 23	Unattached	49:40
194	Wendy Trimbel	L	20	Eryri Harriers	46:31	285	Alison Green	L 42	Unattached	49:43
195	John Ashley	V40	29	Eryri Harriers	46:32	286	Ian Allen	V40 45	Nsraa	49:44
196	Mike Dilworth	V55	8	Unattached	46:35	287	Sue O'Sullivan	L40 6	Carneddau Triathlon	49:44
197	Claudette Fleming	L	21	Unattached	46:37	288	Bridget Frain	LJ 4	Unattached	49:45
198	John Jennings	V45	21	Ellesmere Port RC	46:37	289	Jason Nodwell	V35 48	Unattached	49:47
199	Nicola Leebrowne	L45	4	Nwrrc	46:40	290	Delwyn Williams	V35 49	Unattached	49:56
200	Andrew Yates	V45	22	Unattached	46:41	291	Ankur Shukla		Unattached	49:57
201	Michael Barry	V35	38	Uk Net Runner	46:44	292	Philippa Milward	L55 2	Unattached	49:58
202	Melvyn Austin	V45	23	Unattached	46:48	293	Nicholas Berney	V35 50	Unattached	50:01
203	Andy Edwards			Unattached	46:53	294	Barry Powell	V45 37	Unattached	50:02
204	Rhian Bowen	L	23	Unattached	46:56	295	Graeme Stringer	V40 46	Meirionnydd	50:03
205	Rob Hardwick	V35	39	Penny Lane Striders	46:58	296	?Olivia Blundell	LJ 5	Unattached	50:09
206	John Purdy	V40	30	Rochdale Harriers	47:04	297	Mick Flaherty	V35 51	Unattached	50:11
207	?Robert Thomas			Meirionnydd	47:09	298	James Farrar		Unattached	50:12
208	Liz Wilkinson	L40	3	Unattached	47:10	299	Janet Bulfitude	L 47	Unattached	50:24
209	Matthew Walker	JM	7	Unattached	47:11	300	Catherine Roberts	L 48	Unattached	50:27
210	Bethan Jones	L	25	Eryri Harriers	47:11	301	Joe Park	V70 1	Cheshire Tally-Ho	50:28
211	Clive Baggeley	V60	2	Uttoxeter Road Runners	47:11	302	Will Morris	V45 38	Unattached	50:29
212	Graham Rowlands	V45	24	Unattached	47:11	303	Sian Beck	L 49	Prestatyn Running Club	50:30
213	Nick Mackarel	V40	31	Unattached	47:11	304	Chris Spillane	V40 47	Unattached	50:33
214	Peter Bulmer	V45	25	Unattached	47:11	305	Gary Martin	V40 48	Unattached	50:36
215	Gareth Ellis	V40	32	Unattached	47:11	306	Jane Fedrick	L45 8	Unattached	50:38
216	Andrew Durack	V35	40	Unattached	47:11	307	Helen Morgan	L 51	Unattached	50:39
217	Huw Jones			Unattached	47:25	308	Linda Edmondson	L45 9	Wrexham AC	50:42
218	John Walker	V40	33	Unattached	47:26	309	Carmela Pegg	L 53	Unattached	50:44
219	A Kolmertstrickland	L35	2	Unattached	47:27	310	Carolyn Daviesmoore	L40 7	Unattached	50:45
220	Janet Jeffreys	L45	5	Oswestry Olympians	47:28	311	Michelle Kelly	L45 10	Penny Lane Striders	50:47
221	Steven Warburton	V45	26	Nwrrc	47:31	312	Jane Hallows	L35 4	Penny Lane Striders	50:53
222	Hilary Jaques	L50	1	Abergele Harriers	47:33	313	Mike Storry	V65 4	Village Road Runners	50:55
223	Phil Jones	V60	3	Unattached	47:38	314	David Kirkham	V55 11	Cybi Striders	50:58
224	Stevan Johl	V45	27	Unattached	47:39	315	Michael Kavanagh	V35 52	Unattached	51:03
225	Philip Sumner	V40	34	Unattached	47:40	316	Huw Jones	V45 39	Unattached	51:06
226	Stoned Jones	L	29	Clwb Rygbi Caernarfon	47:46	317	Stephen Roberts	V35 53	Unattached	51:10
227	Michael Crawford	V35	41	Unattached	47:46	318	Simon Stacey		Unattached	51:12
228	Willi Moore	V60	4	Unattached	47:47	319	Mike Waters	V35 54	Wrexham Tri	51:14
229	Giles Jones			Unattached	47:48	320	Jonathan Walker	V40 49	Unattached	51:15
230	?Gareth Williams	V50	18	Unattached	47:49	321	Erika Dawson	L35 5	Unattached	51:16
231	Andrew Huxley	V35	42	Unattached	47:56	322	Keith Tewkesbury	V60 9	Unattached	51:17
232	Gavin Reeves	V35	43	Unattached	48:02	323	Susan Maire	L40 8	Unattached	51:18
233	Graham Thurston	V45	28	Unattached	48:03	324	Valerie Edwards	L55 3	Unattached	51:19
234	Alan Bennett	V50	19	Unattached	48:07	325	Graham Howell	V55 12	Liverpool Harriers	51:23
235	John Smith	V60	5	Meirionnydd	48:08	326	John Howell		Unattached	51:24
236	Kamal Chauhan			Unattached	48:09	327	Christine Sluman	L 60	Unattached	51:25
237	Philip Brewer	V35	44	Unattached	48:13	328	Steven Lord	V40 50	Unattached	51:27
238	Mike Roberts	V45	29	Penny Lane Striders	48:15	329	Nicola Davies	L35 6	Unattached	51:28
239	Christopher Parker			Unattached	48:17	330	Graham Jones	V40 51	Unattached	51:33
240	Alan Ramagnolo	V40	35	Sale Harriers Manchester	48:18	331	Jonathan Pratt		Unattached	51:34
241	Anthony Bridgwood	V60	6	Michelin AC	48:19	332	Kristian Jones		Unattached	51:35
242	David Jones	V45	30	Mysteruns Of Abergele	48:20	333	Peter Forrester		Unattached	51:40
243	Peter Lesterowen	V45	31	Mysteruns Of Abergele	48:22	334	Roy Jardine	V60 10	Eryri Harriers	51:46
244	Paul Taylor	V35	45	Unattached	48:24	335	?Gareth Williams	V50 24	Unattached	51:48
245	Alan Davies	V50	20	Nwrrc	48:27	336	Colin Pheasant	V50 25	Chase Harriers	51:51
246	Sid Bailey	V50	21	Dee Striders	48:28	337	Paul Nicholas	V35 55	Unattached	51:52
247	Diane Evans	L	30	Unattached	48:29	338	Simon Hooton		Unattached	51:53
248	Libby Peter	L40	4	Eryri Harriers	48:30	339	Brad Machin		Blythe Bridge RC	51:55
249	Ali Thomas	L40	5	Eryri Harriers	48:30	340	Vincent Murtagh	V45 40	Unattached	51:56
250	Paul Hanson	V45	32	Unattached	48:31	341	Neil Atkinson		Unattached	51:59
251	Robert Spotswood	V50	22	Abergele Harriers	48:33	342	Kevin Egerton	V55 13	Belle Vue Racers	52:01
252	Chris Stillo	V55	9	Goyt Valley Striders	48:37	343	Stephen Webb	V35 56	Belle Vue Racers	52:02
253	Juliet Edwards	L45	6	Meirionnydd	48:41	344	Tanya Wilson	L 62	Unattached	52:03
254	Andrew Gannon	V45	33	Unattached	48:43	345	Barry Knapper	V50 26	Blythe Bridge RC	52:05
255	Sharon Edwards	L35	3	Unattached	48:44	346	Alan McMullan	V60 11	Unattached	52:07
256	Colin Earp	V60	7	South Cheshire Harriers	48:45	347	Rodger Howarth	V40 52	Unattached	52:10
257	Andrew Vonbargen	V40	36	Unattached	48:46	348	Anna Wavell	L 63	Unattached	52:15

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

349	Scott Wavell	V35 57	Unattached	52:19	440	Michael Maudsley	V40 63	Unattached	56:25
350	Bethan Lewis	L 64	Aberystwyth Athletic Club	52:20	441	Nikki Davies	L 103	Unattached	56:26
351	Yvonne Ryan	L 65	Village Road Runners	52:26	442	Daniel Wilde		Unattached	56:31
352	Sean Boyle	V40 53	Village Road Runners	52:28	443	Peter Hadgkins		Unattached	56:36
353	Joseph Walsh	V45 41	Village Road Runners	52:29	444	John Reynolds	V35 61	Unattached	56:38
354	Janice Castle	L45 11	Unattached	52:30	445	Anthony Weaver	V35 62	Unattached	56:40
355	Michael Collins	V40 54	Blythe Bridge RC	52:34	446	John Parry	V50 35	Unattached	56:44
356	Elaine Scarfe	L 67	Unattached	52:35	447	Sally Harding	L45 18	Carneddau Triathlon	56:44
357	Richard Burton	V45 42	Shropshire Shufflers	52:43	448	Tim Harding	V45 54	Unattached	56:53
358	Leslie Smith	V50 27	Oswestry Olympians	52:45	449	Dennis Smith	V65 6	Unattached	56:54
359	Elizabeth Winston	L 68	Unattached	52:46	450	Peter Rogerson	V60 15	Unattached	56:55
360	Roger Pickles	V55 14	Road Runners Club	52:47	451	David Rogerson	V35 63	Unattached	56:56
361	Carol Bedwell	L40 9	Unattached	52:53	452	Josie Davies	L45 19	Nwrrc	56:57
362	David Watson	V40 55	Unattached	52:54	453	Tony Schenck	V50 36	Unattached	56:59
363	Sue Jones	L45 12	Cybi Striders	52:56	454	Ian Munro	V55 21	Unattached	57:02
364	Alyson Adams	L40 10	Manchester Harriers	52:58	455	Caren Williams	L35 10	Unattached	57:04
365	Roy Evans	V40 56	Unattached	52:59	456	Dilwyn Rowlands	V35 64	Eryri Harriers	57:07
366	Stephanie Foster	L40 11	Unattached	53:02	457	Mike McDonald	V65 7	Bowlad Fell Runners	57:09
367	Val Barker	L55 4	Unattached	53:03	458	James Salt		Unattached	57:11
368	Nell Hall	L 74	Unattached	53:05	459	Anne Baker	L50 4	Unattached	57:12
369	Chris Wright	V45 43	Unattached	53:10	460	Ceri Christie	L50 5	Newport District RC	57:13
370	Alwyn Williams		Eryri Harriers	53:12	461	Edward Christie	V60 16	Newport District RC	57:19
371	Robert Bushellupton		Village Road Runners	53:13	462	Derek Sigston	V45 55	Unattached	57:28
372	Tessa Beech	L35 7	Village Road Runners	53:13	463	Carolyn Davis	L 109	Unattached	57:33
373	Gary Johnson	V45 44	Unattached	53:13	464	Angela Eardley	L45 20	Unattached	57:34
374	Phoebe Pender	L 76	Aberystwyth Athletic Club	53:17	465	Steve Bettley	V45 56	Village Road Runners	57:35
375	Carole Williams	L55 5	Vale Royal AC	53:21	466	Louise Jones	L50 6	Unattached	57:39
376	?Robert Thomas		Meirionnydd	53:25	467	Kathryn Holmes	L40 15	Manchester Harriers	57:41
377	Stuart Marson	V55 15	Nwrrc	53:30	468	Aron Williams		Unattached	57:42
378	Maurice Weller	V70 2	Unattached	53:33	469	Robert Williams	V40 64	Unattached	57:47
379	David Yelland	V40 57	Unattached	53:36	470	Nicola Roberts	L45 21	Unattached	57:49
380	Anthony Rees	V55 16	Unattached	53:37	471	Cheryl Lordbrown	L35 11	Unattached	57:57
381	Victoria O'Brien	L 78	Unattached	53:38	472	Emma Davies	L 115	Unattached	58:01
382	Jason Cahill	V40 58	Unattached	53:40	473	Fiona Brown	L45 22	Prestatyn Running Club	58:22
383	Catherine Ellis	L50 2	Unattached	53:40	474	Frances Cattanach	L45 23	Unattached	58:22
384	Liz Stillo	L50 3	Goyt Valley Striders	53:41	475	Chris Wynne	V40 65	Unattached	58:24
385	Philip Williams	V60 12	Unattached	53:42	476	Peter Wareham	V45 57	Unattached	58:32
386	Aendy Jones	L45 13	Unattached	53:44	477	Angela Jones	L35 12	Unattached	58:33
387	Jane Smith	L45 14	Unattached	53:45	478	Steven Roberts	V40 66	Unattached	58:35
388	Joe Delaney	V50 28	Village Road Runners	53:46	479	Gwennan Henstock	L 119	Unattached	58:36
389	Iorwerth Roberts	V65 5	Eryri Harriers	53:47	480	Peter Henstock		Unattached	58:39
390	Helen Baxandall	L45 15	Prestatyn Running Club	53:48	481	Hannah Easby	L 120	Unattached	59:08
391	Barry Grantham	V60 13	Unattached	53:53	482	Philip Humphreysport	V65 8	Unattached	59:10
392	David Jones	V45 45	Village Road Runners	53:54	483	Mike Murray	V60 17	Fra	59:15
393	Colin Thackray	V50 29	Unattached	53:56	484	Rachel Jamesowens	L35 13	Carneddau Triathlon	59:30
394	Alexandra Fletcher	L 84	Eryri Harriers	54:02	485	Cheryl Richards	L 122	Abergele Harriers	59:31
395	Ruth Harvey	L40 12	Cybi Striders	54:08	486	Lucy Jones	L50 7	Abergele Harriers	59:32
396	Michaela Lauder	L 86	Unattached	54:08	487	Stan Kakouri	V45 58	Unattached	59:34
397	Gerhard Weis	V40 59	Unattached	54:10	488	Sue Austin	L45 24	Unattached	59:36
398	Barry Pierce	V55 17	Unattached	54:11	489	Robert Levi		Unattached	59:38
399	Michael Davies	V45 46	Unattached	54:24	490	Elen Elias	L35 14	Unattached	59:41
400	Julian Mahy	V50 30	Nwrrc	54:33	491	Nieel Chaplin		Unattached	59:44
401	Alison Bennettsbrown	L 87	Aberystwyth Athletic Club	54:35	492	Bill Preston	V55 22	Uknetrunner	59:46
402	Debbie Nash	L 88	Aberystwyth Athletic Club	54:35	493	Raymond Williams	V60 18	Unattached	59:55
403	Gillian Csizmadia	L45 16	Wrexham AC	54:39	494	Tracy Howarth	L40 16	Prestatyn Running Club	1:00:05
404	John Wright	V40 60	Birkenhead AC	54:41	495	Liz Kempster	L45 25	Unattached	1:00:10
405	Robert Harding	V55 18	Telford Harriers	54:43	496	Sandra Mayers	L45 26	Prestatyn Running Club	1:00:18
406	Darren Churm		Unattached	54:46	497	Colin Fisher	V50 37	Unattached	1:00:21
407	Andrew Higton	V45 47	Unattached	54:47	498	Joseph McArdle	V40 67	Village Road Runners	1:00:23
408	Laurence Hobday	V50 31	Unattached	54:50	499	Nia Jones	L 129	Unattached	1:00:26
409	John Albutt	V55 19	Unattached	54:51	500	Louise Evans	L50 8	Unattached	1:00:27
410	Elizabeth Lynan	L 90	Penny Lane Striders	54:52	501	Kim Howe	L45 27	Hatton Darts	1:00:32
411	Amanda Alcock	L 91	Unattached	54:53	502	Helen Warhurst	L35 15	Unattached	1:00:57
412	Stuart Thomas	V50 32	Unattached	54:57	503	Cindy Morrisette	L45 28	Staffs Moorlands AC	1:01:02
413	Daniel Heafey	V45 48	Unattached	55:01	504	Gael Earp	L45 29	Nsraa	1:01:08
414	John Tee	V60 14	Unattached	55:02	505	Phil Entwisle	V55 23	Unattached	1:01:15
415	Cleo Roberts	L 92	Unattached	55:03	506	Leanne Levi	L 135	Unattached	1:01:17
416	Stephen Bradley	V50 33	Rr Club	55:07	507	Stephen Kenwick	V65 9	Unattached	1:01:18
417	Lucy Reid	L35 8	Unattached	55:11	508	Wendy Wood	L40 17	Carneddau Triathlon	1:01:18
418	Norman Partington	V45 49	Unattached	55:13	509	Jason Burton	V35 65	Prestatyn Running Club	1:01:19
419	Sioned Jones	L 94	Meirionnydd	55:17	510	John Howard	V55 24	Unattached	1:01:23
420	Paul Mayers	V45 50	Unattached	55:17	511	Derek Okseniuk	V50 38	Blythe Bridge RC	1:01:31
421	Mike Kenyon	V35 58	Unattached	55:24	512	Maxine Grimshaw	L45 30	Belle Vue Racers	1:01:49
422	Stephen Parr	V35 59	Unattached	55:24	513	Jane Prosser	L40 18	Unattached	1:01:51
423	Idris Jones	V50 34	Unattached	55:29	514	Robin Brown	V70 3	Unattached	1:01:53
424	Vincent Cummins	V55 20	Unattached	55:29	515	Neil Coathup	V35 66	Unattached	1:02:32
425	Dewi Griffiths	V45 51	Unattached	55:41	516	Sian Cassy	L35 16	Unattached	1:02:34
426	Hiram Evans	V40 61	Unattached	55:47	517	Gary Lloyd	V40 68	Unattached	1:02:38
427	Debbie Hawker	L40 13	Ellesmere Port RC	55:49	518	Katie Roberts		Eryri Harriers	1:03:05
428	Liz Simpson	L60 1	Village Road Runners	55:51	519	William Lockett	V60 19	Blythe Bridge RC	1:03:11
429	Gary Pierce		Unattached	55:54	520	David Williams	L35 17	Unattached	1:03:30
430	Ian Owens	V45 52	Unattached	55:55	521	Susan Lewis	L35 18	Unattached	1:03:30
431	Jill Riley	L45 17	Unattached	56:01	522	Robin Lewis	V40 69	Unattached	1:03:50
432	Eleanor Marson	L 98	Unattached	56:05	523	Susan Hadley	L45 31	Village Road Runners	1:03:50
433	Riikka Lane	L 99	Unattached	56:06	524	Garry Wells	V35 67	Village Road Runners	1:04:16
434	Mark Tidman	V45 53	Unattached	56:08	525	Denise Albutt	L50 9	Unattached	1:04:25
435	Enid Roberts	L40 14	Unattached	56:11	526	Paula Simpson	L35 19	Unattached	1:04:26
436	Richard Pugh	V35 60	Unattached	56:20	527	Peter Doyle	V40 70	Unattached	1:04:40
437	David Belfield	V40 62	Unattached	56:22	528	Sherie Harding	L40 19	Unattached	1:04:43
438	Claire Gadsby	L 101	Unattached	56:23	529	Samantha Jones	L35 20	Unattached	1:04:47
439	Lisa Maudsley	L35 9	Unattached	56:24	530	Ken Richards	V60 20	Newcastle (staffs) AC	1:05:04

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

531	Dave Hancock	V50 39	Eryri Harriers	1:05:10	548	Jean Skitt	L60 2	Manchester Harriers	1:07:57
532	Joseph Gow	V60 21	Unattached	1:05:14	549	Dawn Rutherford	L45 34	Telford Harriers	1:07:57
533	Annmari Bracher	L40 20	Belle Vue Racers	1:05:49	550	Keith Tubman	V60 22	Unattached	1:08:04
534	Mari Jones	L 148	Unattached	1:05:49	551	Helen Rafferty	L40 23	Unattached	1:08:08
535	Peter Jones	V50 40	Unattached	1:05:51	552	Cathy Hughes	L50 12	Unattached	1:08:14
536	Elaine Doga	L40 21	Unattached	1:05:56	553	Jill BuerdSELL	L50 13	Unattached	1:08:14
537	Gareth Ward	V40 71	Littlewoods RC	1:06:01	554	Heidi Hardwick	L 164	North Wales Police	1:08:14
538	Sonia Wignall	L35 21	Abergele Harriers	1:06:08	555	Alison Wells	L40 24	Village Road Runners	1:09:09
539	Mladenka Hooper	L 151	Prestatyn Running Club	1:06:30	556	Simon Prescott	V35 68	Unattached	1:09:19
540	Janet Jones	L50 10	Unattached	1:06:33	557	Margaret Williams	L70 1	Unattached	1:10:49
541	Rachel Jones	L45 32	Unattached	1:06:33	558	Patrica Bolton	L65 1	Biddulph RC	1:11:30
542	Simon Jones	V50 41	Unattached	1:06:44	559	???	???	???	1:14:26
543	Beverley Mulholland	L 154	Unattached	1:07:08	560	Alison Grant	L 168	Stadium Runners	1:17:22
544	Joy Parry	L50 11	Unattached	1:07:25	561	Suzi Newman	L 169	Long Eaton RC	1:17:22
545	Jean Bayley	L45 33	Manchester Harriers	1:07:28	562	Billy Eaton	V70 4	Unattached	1:17:42
546	Rosemary Hatfield	L40 22	Unattached	1:07:35	563	Kathy Ling	L65 2	Wrekin Rr	1:19:30
547	Rebecca Roberts	L 158	Unattached	1:07:42	564	Sheila Symonds	L70 2	Bro Dysynni AC	1:23:32

Nick Beer - Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Eryri Harriers	17	—	4	Matthew Roberr	6	Brendan Rothery	7	Paul Wathan
2	Colwyn Bay Athletic Club	29	—	8	Richard Watson	9	Tom Watson	12	Neal Jones
3	Buckley RC	100	—	19	Stephen Bellis	23	Simon Edwards	58	Paul Stinton
4	Wilmslow RC	103	—	3	Damian Nicholls	40	Tony Hulme	60	Neil McAleece
5	Nwrrc	115	—	20	David Nolan	34	Chris Yorke	61	Martin Green
6	Liverpool Harriers	150	—	5	Alan Ashton	22	Dave Barr	123	Patrick Henley
7	Cybi Striders	192	—	62	John Griffith	64	James Hooton	66	Geraint Williams
8	Ellesmere Port RC	197	—	49	David Nalder	65	Matthew Whitfield	83	Jon Hawker
9	Sale Harriers Manchester	200	—	31	Paul Barrett	56	Timothy Rainey	113	Alan Ramagnolo
10	Abergele Harriers	221	—	55	Simon Grant	70	Haydn Jones	96	Mark Mayers
11	Meirionnydd	238	—	46	Kevin Jones	81	Frankir Vaughan	111	John Smith
12	Mysteruns Of Abergele	241	—	10	John Ford	115	David Jones	116	Peter Lesterowen
13	Wrexham Tri	259	—	35	Iain Daviesmoore	92	Barry Parsons	132	Mike Waters
14	Penny Lane Striders	261	—	75	David Pinnington	79	John Kelly	107	Rob Hardwick
15	Prestatyn Running Club	265	—	48	John Neil Owen	54	Des Davies	163	Jason Burton
16	Shropshire Shufflers	279	—	14	Richard Hunter	122	Philip-Hammond	143	Richard Burton
17	Village Road Runners	294	—	69	Martin Kelly	95	Keith Mahon	130	Mike Storry
18	Blythe Bridge RC	361	—	86	David Wilson	136	Brad Machin	139	Barry Knapper
19	Belle Vue Racers	362	—	99	David Furey	126	John Quigley	137	Kevin Egerton

Nick Beer - Ladies — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Eryri Harriers	21	—	4	Rebecca-Jane Law	5	Susannah Evans	12	Gemma Morgans
2	Prestatyn Running Club	51	—	8	Joanne McDonough	13	Jayne Penrhynjones	30	Sian Beck
3	Belle Vue Racers	71	—	2	Carmen Anthony	3	Emma Jones	66	Maxine Grimshaw
4	Village Road Runners	99	—	26	Jennifer West	35	Yvonne Ryan	38	Tessa Beech
5	Penny Lane Striders	113	—	32	Michelle Kelly	33	Jane Hallows	48	Elizabeth Lyman
6	Aberystwyth Athletic Club	118	—	34	Bethan Lewis	39	Phoebe Pender	45	Alison Bennettsbrown
7	Carneddau Triathlon	138	—	29	Sue O'Sullivan	52	Sally Harding	57	Rachel Jamesowens
8	Abergele Harriers	138	—	21	Hilary Jaques	58	Cheryl Richards	59	Lucy Jones
9	Manchester Harriers	163	—	37	Alyson Adams	55	Kathryn Holmes	71	Jean Bayley